



# The Muscles in Your Body (Hardback)

By Bobi Martin

Rosen Education Service, United States, 2015. Hardback. Book Condition: New. 203 x 203 mm. Language: English . Brand New Book. There are over 600 muscles in the human body that we can strengthen, stretch, flex, or simply leave alone. Whether we use them consciously or not, muscles work to protect our bones and keep our blood flowing. In this volume, readers will learn about the different kinds of muscle and why muscles are so essential to everything we dofrom eating to smiling to mastering a sport. Labeled diagrams complement text and highlight important muscles in the body, while boxed questions encourage readers to think critically about the information they learn.



#### Reviews

This book may be worth buying. I have read and i am confident that i am going to planning to go through once more once again in the future. Its been written in an exceptionally easy way and it is simply soon after i finished reading this publication in which actually altered me, modify the way i believe.

### -- Faye Shanahan

Extremely helpful for all class of folks. I really could comprehended almost everything using this written e publication. You will not feel monotony at at any time of the time (that's what catalogs are for about in the event you check with me).

-- Prof. Melyna Dooley V

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